



ALITIMES



September 23, 2005

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A riddle for your thoughts...

If yesterday had been Wednesday's tomorrow and tomorrow is Sunday's yesterday, what day would today be?

Got that one, then...

How many times can you subtract 6 from 30?



Out and about

Col. Donald M. Palandech,
407th Air Expeditionary Group commander, visits Team Ali.



Photo by Tech. Sgt. Paul Dean

After cashing a check at the finance office, Col. Don Palandech, 407th Expeditionary Group commander talks with three of the five people staffing the office for AEF 7/8. Left to right are Master Sgt. Daniel Brown, Tech. Sgt. Derrick Lock and Tech. Sgt. Jerome Szewc.

I'm truly looking forward to meeting each of you during our time at Ali Base for AEF 7/8. One of the ways I plan to accomplish this is to visit at least one work area each week. This is my opportunity to meet you and talk to you about the jobs you do. I encourage you to let me know about the good and bad things that are happening in your life here. We're a team, and there isn't one member we can do without; each of you is critical to the success of our mission.

I started my workplace rounds this week at the 407th AEG finance office, where Capt. Dimitri Martini introduced me to most of his helpful customer service representatives: Master Sgt. Daniel Brown and Tech. Sgts. Derrick Lock and Jerome Szewc were working that day.

After speaking to these knowledgeable Airmen I left assured that the finance office is fully capable of helping you with any money matters: check cashing, LES problems, and help with filing a travel accrual if you're having problems doing it on-line.

Please keep in mind that travel accruals are only payable as split disbursements to pay GTC account balances. The easiest way to take care of an accrual is through you Air Force Portal Account (www.my.af.mil).

After meeting the fine group of people at the 407th AEG finance office I'm confident that we have the right team in place.

Finance customer service can be reached at 445-2690.



Col. Donald M. Palandech,
commander,
407th Air Expeditionary Group

**When you need to know, but
don't know who to ask, or
don't know where to turn—**

The Commander's Action Line!

Do you have an issue that you don't know how to deal with? Is there something you need but aren't sure how to get it?

The *commanders action line* can help. E-mail your comment, concern or question to—

407aeg.pa@tlab.centaf.af.mil

Please indicate if your issue can be answered in the *Ali Times*.

Front Page photo



**Senior Airmen
Leslie Glandon (left)
and James Suter,
407th Expeditionary
Civil Engineer
Squadron power
pro members, test
voltage on a "start
cart" used to start
Mobile Emergency
Power generators.**

Photo by
Master Sgt. Maurice Hessel

Start, finish—and everything in between—with **safety first** in mind

By Tech. Sgt. Adarryll Crawford

407th Air Expeditionary Group Safety Office

Safety rules and regulations are not just “home station!” They are just as important—if not more so—and will be enforced as diligently here at Ali Base as they are at your permanent duty location.

Following the rules and regulations here at Ali will help us make sure that everybody goes home in one piece and that there’s no damage to taxpayer-owned equipment. With this in mind, the safety office wants you to remember...

➤ Seatbelt regulations are exactly the same here as at your home station: wearing them is mandatory for all vehicle occupants.

Other vehicle safety regulations here at Ali include:

Cars and trucks

- The speed limit is 20 mph unless otherwise posted.
- There are a lot of pedestrians around Ali: the roads are narrow and not very well lit at night. Please watch carefully for people walking—don’t assume that everybody has their reflective belt on: look for people, not just reflective belts.
- Don’t lean against the tailgate, sit on wheel wells, side rails, or stand if you’re riding in the back of a pickup truck.

Gators, Rangers, Polaris’ and ATVs

- Helmets and goggles or Wiley X eye protection are mandatory when using Gators, Rangers or Polaris machines
 - Only personnel trained on ATVs by the Specialty Vehicle Institute of America can ride ATVs (course completion card must be carried.)
 - Helmets, eye protection, gloves, long-sleeve shirt and pants, and sturdy footwear are mandatory on ATVs unless you are a security forces or explosive ordinance and disposal Airman performing duty for real world missions (then Kevlar is authorized instead of a DOT helmet.)
 - Absolutely no passengers are allowed on any ATV.
- A long deployment is also seen as a good chance to get fit by a lot of people. If this is you, keep in mind...
- Take your time, be patient. If you haven’t worked out in a while, then ease yourself into it and build from there.
 - Have a good time getting fit but remember that you’re here to perform a mission: too many people get sprains and strains working out—making them less useful in getting the work done.
 - You must be wearing either



Tech. Sgt. Adarryll Crawford, 407th Air Expeditionary Group ground safety manager

the new Air Force PT uniform or a reflective belt if you’re outside Bedrock after dark.

Please just remember that although we’re in a deployed location safety is still job one!

Think of it this way: if you get hurt back at home base there are probably some great medical facilities to take care of you. Is that true here? If you’re not sure then you might want to think through that unsafe thing you were just about to do.

Bottom line: don’t cut corners, it just isn’t worth it.

Please call me at 445-2403 if you have safety concerns, questions or ideas.



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Commander, 407th AEG

Tech. Sgt. Paul Dean

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Energy makers

Power Pro has the juice to sustain base operations

By Tech. Sgt. Melissa Phillips

407th Air Expeditionary Group Public Affairs

One office here works behind the scenes day and night to harvest an under-appreciated necessity everyone needs to do their job – electricity.

Every time a person here flips a light switch, turns on a computer, gets a cold drink out of the refrigerator or relaxes in the air conditioning, they can thank the 407th Expeditionary Civil Engineer Squadron Power Production element, or more commonly called Power Pro.

“No one on base can do their job to the fullest extent without electricity,” said Staff Sgt. Jeremy Schoneboom, 407th Expeditionary Civil Engineer Squadron Power Production craftsman, who is stationed at Royal Air Force Mildenhall, United Kingdom.

The batch of energy makers here maintain two power plants with rows of interconnected generators and more than 100 stand-alone units at buildings throughout the installation to provide power for military operations here.

Nothing would turn on, beep or flicker without the generators that the Power Pro techs maintain – and the base would permanently return to the dark ages.

Unlike on most overseas and stateside bases, Ali Base has no permanent electricity lines piped into the installation. Whereas the cable infrastructure is hardened at home station facilities, here



Photos by Master Sgt. Maurice Hessel

Generator, alternator... the differences are invisible to those people using the power. Senior Airman Jamie Lugo (left) and Staff Sgt. Chad Poeth change the alternator on a Mobile Emergency Power generator.

cables are shallowly buried, and are subjected to heavy foot-traffic and continual heat.

Therefore, Sergeant Schoneboom says power outages are almost an unavoidable part of deployment life, although it's something they strive to avoid through a kicked up preventive maintenance plan.

“Most people take for granted they have power,” said Sergeant Schoneboom. “They don't realize the work that goes into providing that power.

“Just like in a vehicle you have to get an oil change every 3,000 miles, so you're vehicle runs right. We have to do an oil change on the generator every 300 hours,” he said.

With more than 100 generators under their control and more than 30 of those that require daily inspections, the

Power Pro techs remain busy around the clock.

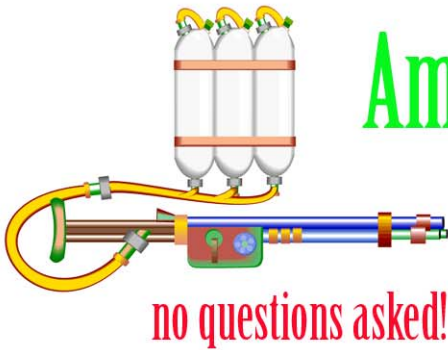
For the majority of their shift, he and his crew don't have the opportunity to appreciate the air conditioning their equipment generates, because they spend their time driving from location to location fixing generators.

“They installed a generator at the towers near the entry control point, so the personnel sitting inside the towers don't have to sweat to death in those little metal, hot boxes,” said Staff Chad Steele, 407th Expeditionary Security Forces Squadron Tactical Automated Security System administrator, who is deployed from Mountain Home AFB, Idaho.

Knowing that the

Continued next page:

POWER



Ammunition Amnesty Day

Thursday September 29

10 a.m - 2 p.m., PX parking lot



Anybody, any ammo, any weapon, any contraband.

POWER From page 4:

generators he maintains provide electricity to allow security forces member's to stay cool and alert to provide base defense for the thousands of U.S. servicemembers and coalition forces here is something Sergeant Schoneboom takes pride in.

"It makes me feel good to know we are aiding the security forces with their comfort, so they don't have to sit in those towers without air conditioning," said Sergeant Schoneboom.

Although electricity is often used to make people's daily lives easier, one of the services Power Pro techs provide could save a life in an emergency.

They maintain the aircraft arresting system, which is a cabling system that essentially acts as a reverse sling shot and provides enough tension to catch fighter aircraft and bring them to a complete stop.

Whether it's an aircraft breaking system or one of the many generators on base, Power Pro techs are out there turning wrenches 24/7 to keep the generators working in the dusty, desert environment under

punishing weather extremes.

"I feel like I have a bigger part of the mission here," said Senior Airman Thompson, 407th ECES Power Production journeyman, who rotates with other people inside a control room to watch for spikes and power fluctuations on a control board to help reduce generator crashes and power outages.

"At home station, we only provide back up power. Here, we directly support the war on terror, because we provide power for everyone to do their job," Airman Thompson said.

Although without Power Pro techs turning wrenches there wouldn't be any electricity on base, Sergeant Schoneboom says he knows his customers don't typically see him as a welcome sight.

Customers know when he or his crew come around, they will typically have to give up their

electricity for a certain time period, and all work will cease. However, he says preventive maintenance is a necessary evil, and cautions personnel to never try to fix problems themselves.

"There are a lot of moving parts in a generator," said Sergeant Schoneboom. "People can get seriously injured, and there is the potential for death to occur."

For more information or to report generator problems, contact the help desk at 445-2CES (2237).



All generators on Ali Base require scheduled and preventative maintenance. Tech. Sgt. Steven Slater (left) and Senior Airman Jamie Lugo, 407th Expeditionary Group Civil Engineer Squadron perform preventative maintenance on a MEP-12 generator here Sept. 14.

Wearing broken body armor is like... taking your own sand to the beach!

Story and photos by
Tech. Sgt. Paul Dean

407th Air Expeditionary Group Public Affairs

Several unpleasant reactions may have crossed your mind when the supply person handed you body armor for this deployment to Ali Base: heavy was undoubtedly the most common reaction (clarified by any number of adjectives.)

Two-plated, weighing more than some three-year-olds, and a necessity in this AOR, body armor design was never geared toward the casual lifestyle, but its weight, rigidity and unflinching resistance to comfort unarguably gives an unparalleled sense of security. There are times when this sense of security is just that, a sense, because the plates that protect you are useless dead weight.

Body armor is designed to protect you from small arms fire and fragmentation ammunitions, but it will fail if the integrity of the armor plates has been compromised. When the armor plates fail, bullets and fragments pass through the vest into the body.

Here at Ali Base, there's a large crate in the 407th Expeditionary Logistics Readiness Squadron supply warehouse that's three quarters full of broken armor plates. The plates came from vests that were turned in during out processing of the past two Air and Space Expeditionary Force rotations. There are more than 150 potential injuries or deaths in the crate.

"I wouldn't want to be walking around with a vest with these plates in it—that's just a waste of



Hoping the crate of useless body armor plates doesn't getter fuller because of mishandling, Master Sgt. Steve Strange and Senior Airman Josh Warren, 407th Expeditionary Logistics Readiness Squadron, are encouraging Airmen to take better care of their armor.

energy," said Master Sgt. Steve Strange, 407 ELRS supply supervisor, holding an obviously useless plate in his hands.

Personal safety is first and foremost here at Ali Base, but this is also a money issue: depending on the size of the vest each plate came from, the average plate replacement cost is \$460. Putting that in perspective, that one crate, on this one base, for just two rotations, has a replacement value of about \$70,000—enough to rebuild a home in New Orleans.

Some of the plates are broken unavoidably, but most aren't: most are broken as the result of mishandling.

"One of the biggest problems is that a lot of people put their vest in the bottom of their A-Bag in transit," said Capt. Michael Robinson, 407th Expeditionary Security Forces Squadron operations officer. "Then the bags are thrown here and there during transport and loading, landing on the vest over and over," he added.

"It may sound funny, but the body armor, which is strong enough to stop a bullet, has to be handled carefully" said Senior Airman Josh Warren, 407th ELRS supply journeyman.

"If I hadn't done it already, I'd take a good look at the plates in my vest today," said Senior Airman Caslon Smith, 407th ELRS supply journeyman.

There are no regulations outlining scheduled interval inspections of body armor according to both Captain Robinson and Sergeant Strange; however, Capt. Robinson advises

Continued on Page 7:

ARMOR



Holding plates that were removed from body armor vests turned in during outprocessing are (left to right) Senior Airman Josh Warren, Master Sgt. Steve Strange and Senior Airman Caslon Smith, 407th Expeditionary Logistics Readiness Squadron. None of these plates would have provided proper protection against small arms fire or fragmentation ammunition.



Broken plates (left) and an easy-to-build body armor rack.



Armor From page 6:

following the lead of security forces: take the plates out of your vest and inspecting them once a week (at the same time you inspect your mask.) Check the plates for frayed outer skins, bursting seams, cracks, and powder at the bottom of the vest pocket.

Damaged plates can be exchanged any time at the 407th ELRS warehouse (call 445-2352 for directions from your location.)

Another initiative that security forces has taken—and a worthwhile down-day project for all offices—was to build racks for their body armor. “They’re just simple crosses on a frame,” said Captain Robinson. “Nothing fancy, just a good place to hang the vests so they don’t get damaged from tossing them on the floor,” he added.

Captain Robinson and Sergeant Strange recommend hanging your vest on the back of a chair, a strong hook, or setting it flat on a sturdy surface when it isn’t being worn if you don’t have racks.

With the many ongoing projects on base, civil engineers don’t have the manpower to build body armor racks for everybody; however, following the “407 ECES” link on the “407th Air Expeditionary Squadrons” main page listing will take you to an “Operations” link, which will take you to the page listing Air Force Form 332, Work Request. This is where you can put in a self-help request to get materials to build your own racks, according to Staff Sgt. Christopher Wilson, 407th Expeditionary Civil Engineer Squadron work control operator.

Users can log on to Portal with common access card

By Staff Sgt. C. Todd Lopez

Air Force Print News

9/21/2005 -**WASHINGTON** — Users can now log on to the Air Force Portal using their common access card and personal identification number.

This latest change to the site means fewer passwords for users to remember and leads to greater security for Air Force networks, said Maj. David Gindhart of the Air Force warfighting integration and chief information officer directorate at the Pentagon.

“The beauty of the CAC login is that it requires you to

physically have (a CAC) issued through the proper authorities, and then you have to have the PIN. So it’s a two-factor authentication, much stronger than the user ID and password combination.”

Major Gindhart said getting the Air Force Portal to recognize your CAC is easy.

Users should go to the Portal Web site at <https://www.my.af.mil> and click the “New/existing users start here” link under the “Register Now with CAC” heading.

“It’ll take a few minutes to associate your CAC with your user ID and password,” the major said.

“In the background it’ll take about 30 minutes for the software to update. From there on out you use the CAC to log in.”

Users will still be able to log in with their password and ID combination from home or without a card reader, he said.

When users use their CAC to access the Portal, they will continue to have access to the reduced sign-on access applications they have set up, such as the Virtual Military Personnel Flight, myPay, Air Force Personnel Center secure, Air Force Virtual Education Center, the fitness management system and more.

Brothers separated for months say hello, Goodbye again

Story and photo by
Tech. Sgt. Paul Dean

407th Air Expeditionary Group Public Affairs

Two brothers from Ohio can't seem to avoid each other, and have crossed paths at another Air Force base: Ali Base, Iraq.

The latest "away from home meeting" happened here the evening of Sept. 16 when Staff Sgt. Jerry Prowant arrived after a long journey from Little Rock Air Force Base, Ark. His brother, Senior Airman Andrew Prowant—who'd just finished his out processing from Ali Base—was ready this time: in fact Airman Prowant had enough advance notice to make sure he saved some creature comforts to pass along.

The brothers only had about 12 hours together. Airman Prowant was scheduled to redeploy Sept. 17.

The brothers live together in Sergeant Prownat's house, are stationed at the same base, but haven't seen much of each other

lately. And this isn't the first time that their Air Force careers have put them in the same spot for a moment. "I almost got caught up with him at McChord [AFB, Wash.] when I was there TDY," said Sergeant Prowant.

Airman Prowant was assigned to AEF 5/6 and completed 135 days here. "He was great to work with. Whenever I went to the PAX terminal your brother was working his butt off," 777th Expeditionary Aircraft Maintenance Squadron first sergeant Master Sgt. Ricardo Ramirez told Sergeant Prowant. Sergeant Prowant vowed to uphold the family tradition.

Airman Prowant teased Sergeant Prowant about some upcoming parties he's planning back in Little Rock over the coming months. But Sergeant Prowant—here on his first deployment—isn't worried, his



Hanging out for a few moments on an old piece of Iraqi field artillery, Staff Sgt. Jerry Prowant (seated) and his brother, Senior Airman Andrew Prowant, outside the headquarters building of the 407th Air Expeditionary Group, Ali Base, Iraq, Sept. 16.

mind is already here: "He's leaving me a DVD player, TV and CD player. I'll be fine," said Sergeant Prowant, now assigned to the 777th EAMXS hydraulics shop.

"Incoming Alerts" for Dummies!

Q: There's a constant tone, a wavering tone and a bugle. When do I take cover, don my gear and stay put?

A: All three dummy... stay put until you hear "all clear"





Threat-level drills will be held all the time we're here at Ali Base

Rumor

I heard that we're going to be doing drills every day and at all times of day—even on weekends!

Fact

This is a tough rumor to quell.

Yes, we will be doing a lot of practice drills—we're in a combat zone, and I want you thinking about that. Simply put, we need to have our heads in the game, which is a bad cliché for this situation—this isn't a game.

Alert drills will be held based on the assessments of our experts in force protection, security forces and intelligence. Everybody at Ali Base needs to be prepared. Everybody needs to know what to do when situations require action. We all need to be able to react to events without thinking—and that takes practice. We will practice (unannounced) until I'm confident that we've practiced enough to be prepared as best we can.

So yes, there will be some drills. Will they be every day? Who knows?

We will all work together to make sure that everybody goes home looking and feeling the same—or better—than when we got here.

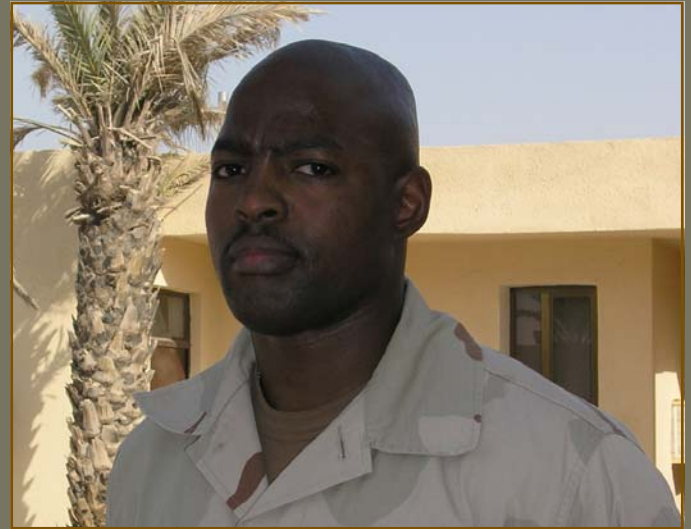
One of the best ways to ensure that is simple... be prepared!

*This question was answered by
Col. Don Palandech,
commander 407th Expeditionary Group.*

Heard a rumor?

Don't speculate. Get the facts by e-mailing the Ali.Times@tlab.centaf.af.mil or call Chief Master Sgt. Cynthia Davis, 407th Air Expeditionary Group superintendent at 445-2027.

407th AEG Warrior of the Week



Staff Sgt. Germichael Kelley

Unit:

477th Expeditionary Airlift Squadron

Duty title:

Maintenance supply liaison

Home station:

86th Aircraft Maintenance Squadron, Ramstein Air Base, Germany

Why other warriors say he's a warrior:

"Staff Sgt. Kelley is a superb supply technician; he's the epitome of an Airman who puts service before self. Sergeant Kelley provides supply support for 4 C-130 aircraft and more than 85 people; his efforts have helped the 777th maintenance crew to achieve a mission capable rate higher than 90 percent."

—Tech. Sgt. Roxanne Porter, NCOIC maintenance supply liaison

Most memorable Air Force experience:

My incentive flight on an F-15 at Langley AFB, Va.

Hobbies:

Sports, traveling and listening to music

AEF 7/8— Doing things right the first time, every time!

RSVP:

Respect the Spiritual Values of all People

By Chaplain (Lt. Col.) Joseph Vu

407th Air Expeditionary Group Chaplain

Our servicemembers represent a wide variety of religious preferences. Chaplains are committed to practicing sensitivity of your religious beliefs and spiritual needs, and we advise everyone to do the same.

The chaplains' mission is to promote a religiously and spiritually healthy environment for our community, improve troop morale and quality of life, and enhance our team's mission effectiveness.

Our military environment supports the constitutional rights of free exercise of religion for everyone, but with this said, we all realize that freedom of expression can sometimes cause problems.

Sometimes, people with overly aggressive expressions of their faith make comments or remarks that appear to be insensitive to other's faiths and beliefs. There is a time and place for such expression, such as in his or her religious arena; but not in public.

I, however, do not recommend people do such things in public or in private. Such action reflects intolerance and insensitivity of other people's religious backgrounds.

Please keep in mind that others may be offended by your words and actions. You may be unfamiliar with their beliefs, but this is why we must be sensitive to everyone's religious and spiritual value.

One spiritual reading provides the following example:

God visited a prison one day and began to interview the inmates. Prisoner after prisoner insisted that he was innocent, that he had been framed and a terrible injustice had been done.

God asked the last prisoner, "And are you, too, as innocent as a lamb?"

"No, Your Majesty, I'm a thief," he said. "I was caught, fairly tried and sentenced."

"You admit that you're a thief?" God asked the thief in surprise. "Yes, Your Majesty," the prisoner replied. God said, "Throw this crook out of here!"

And the thief was promptly ejected.

The other prisoners raised a fearful clamor. "Your Majesty, how can you do such a thing?" they said. "How can you free a confessed criminal while we..."

"I was afraid that wicked scoundrel would corrupt all you innocent souls," God replied.

Whenever you believe someone has made disparaging remarks that are offensive to your faith or beliefs, please do not take the matter into your own hands: report it to the group chaplain or the Military Equal Opportunity office (445-2132) immediately. Swift actions will be taken. Similar action to remedy the situation will be taken if you find offensive religious pamphlets or tracks placed in your work area.

Religious slurs, disparaging remarks and the display of material that is offensive to other people's religions or beliefs is will not be tolerated at Ali Base, so please be respectful of others.



Chaplain (Lt. Col.) Joseph Vu

Some thoughts to ponder..

- ✦ A bicycle can't stand on its own because it's two-tired.
- ✦ A clergyman had just enjoyed a hearty chicken dinner at the home of a rural parishioner. Gazing out the window, he remarked: "That rooster seems a mighty proud and happy bird." "He should," the host replied. "His oldest son just entered the ministry."
- ✦ A father is someone who carries pictures where his money used to be.
- ✦ A candle loses nothing by lighting another candle.
- ✦ A clean tie attracts the soup of the day.

Serenity in the sand

faith-based services schedule

Worship is at the 407th Air Expeditionary Group Oasis of Peace chapel, unless otherwise noted. The Oasis is open 24 hours a day for prayer and reflection. For details on worship opportunities, or directions to worship locations, please call 445-2006.

FRIDAY

1 p.m., Muslim prayer/
service: (temporarily unav.)
6 p.m., Weekday Mass:
Oasis
6:30 p.m., Jewish Service:
**Army Religious
Activities Center (ARAC)**
7 p.m., Bible Study: ARAC
7:30 p.m., Gospel choir
rehearsal: **Army Post
Chapel (APC)**
8 p.m., Alcoholics
Anonymous: ARAC annex

SATURDAY

5:30 p.m., Catholic
Confession: Oasis Office
6 p.m., Catholic Vigil Mass:
Oasis
7 p.m., Kick the Camel (quit
smoking) club: ARAC

SUNDAY

7:30 a.m., Catholic
Confession: Oasis Office;
Traditional Protestant
Service: APC
8 a.m., Roman Catholic
Mass: Oasis; Church of
Christ Service: ARAC
8:30 a.m., Contemporary
Protestant Service:
Sapper Chapel; Sunday
School: APC
9:30 a.m., Traditional
Protestant Service: Oasis
10 a.m., Contemporary
Protestant Service: APC; ,
Latter Day Saints Service:
ARAC
10:30 a.m., Roman
Catholic Mass: Camp
Cedar
1 p.m., Gospel Service:
APC
7 p.m., Contemporary
Worship Service: Oasis

SUNDAY (CONTINUED)

7:30 p.m., Contemporary
Christian Service: Sapper
Chapel
8 p.m., Alcoholics
Anonymous: ARAC

MONDAY

6 p.m., Weekday Mass:
Oasis
7 p.m., Protestant Bible
Study: Sapper Chapel
7:30 p.m., Discipleship
Bible study/fellowship:
Oasis

TUESDAY

Noon, Alcoholics
Anonymas: ARAC Annex
6 p.m., Weekday Mass:
Oasis
7:30 p.m., Alpha Course for
Military: Oasis Annex;
Combat Bible Study:
ARAC

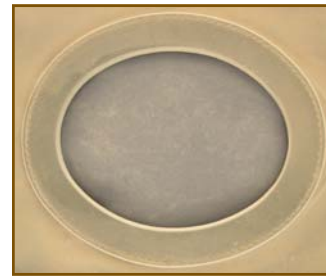
WEDNESDAY

7:30 a.m., Alpha Course for
Military: Oasis Annex
6 p.m., Weekday Mass:
Oasis
7 p.m., Spanish Bible
Study: ARAC; Midweek
Service Discussion: APC
7:30 p.m., Protestant
Evening Service: APC;
Mens Bible Study: APC
7:45 p.m., Alpha Course
Bible Study: Oasis

THURSDAY

6 p.m., Weekday Mass:
Oasis
6:30 p.m., Ladies Bible
Study: ARAC
7 p.m., Latter Day Saints
Study: ARAC
7:30 p.m., Workmans'
Fellowship: RAC; A Man
and His World Bible
Study: Oasis

Identify This



Do you know what this is?

If you can identify the object, e-mail us at Ali.Times@tlab.centaf.af.mil with "Identify This" in the subject block by 3 p.m. Thursday Sept. 29. All correct entries will be placed in a box and **three winners** will be **randomly selected** at **Combat Bingo** (at the Hot Spot) at 7:30 p.m., Sept. 30. Participants do not have to attend bingo to win. The three winners will **win a complimentary t-shirt or coin** from the 407th Expeditionary Services Squadron. The Sept. 9 *ID This* winner—the only person to correctly identify the lattice on the back of a chair at the coffee shop—was Tech. Sgt. Jeffery Reimert, 407th Expeditionary Security Forces Squadron.

Can you teach buffness?

**407th ESVS is looking for
instructors:**

**Pilates
Martial arts
Aerobics
Tae Bo, etc.**



Please call
Tech. Sgt.
L.J. Kincade
or
Staff Sgt.
Audy Doctora

445-2136/2499

...Around Base...

Today

4:30 p.m., **Slim in 6**,
Resist-a-Band: HOP
7 p.m., **9-Ball TNY** and
Halo-2 TNY: ARC
7:30 p.m., **Bingo** and a
movie: Hot Spot
8 p.m., **Step Aerobics**:
HOP
8:30 p.m., **Absolute**
Abs: Muscle Beach

Saturday

5:30 a.m., **Pilates**: HOP
2:30 p.m., **Pilates**:
Muscle Beach
4:30 p.m., **Slim in 6**,
Resist-a-Band: HOP
6:30 p.m., **Advanced**
Step: HOP
8 p.m., **Salsa Lessons**:
HOP
(TBD) **Bowling night**:
ARC, call 833-1745

Sunday

3 p.m., **Spin**: HOP
6:30 p.m., **Cardio Mix**:
HOP
7 p.m., **Karaoke**: Hot
Spot
7 p.m., **Spades TNY**;
Bench Press
Competition: ARC
8 p.m., **9-Ball**: Hot Spot

TNY = Tournament;
HOP = House of Pain,
Army Fitness Center;
ARC = Army Recreation
Center

Please call the 407th
Services Squadron with
any ideas for fun activities
you'd like to schedule:
445-2696

For more information about
the House of Pain, Army
fitness center, call
833-1709.

For more information about
Army morale, welfare and
recreation activities, call
833-1745.

Scheduled times above are
accurate at the time of pub-
lication but are subject to
change.

Monday

4:30 p.m., **Slim in 6**,
Resist-a-Band: HOP
7 p.m., **Board Game**
Night: ARC
8 p.m., **Step Aerobics**:
HOP
8:30 p.m., **Absolute Abs**:
Muscle Beach

Tuesday

5:30 a.m., **Pilates**: HOP
5:30 a.m., **Yoga**: Muscle
Beach
2:30 p.m., **Yoga**: Muscle
Beach
4:30 p.m., **Slim in 6**,
Resist-a-Band: HOP
6:30 p.m., **Advanced**
Step: HOP
7 p.m., **Ping Pong TNY**:
ARC
8 p.m., **Air Hockey**: Hot
Spot
8 p.m., **Spin**: HOP

Wednesday

2:30 p.m., **Pilates**:
Muscle Beach
4:30 p.m., **Slim in 6**,
Resist-a-Band: HOP
5 p.m., **sit-up**
competition: Muscle
Beach
8 p.m., **Madden '05**: Hot
Spot
8 p.m., **Step Aerobics**:
HOP
8:30 p.m., **Absolute Abs**:
Muscle Beach

Thursday

5:30 a.m., **Tai Chi**:
Muscle Beach
5:30 a.m., **Pilates**: HOP
2:30 p.m., **Tai Chi**:
Muscle Beach
4:30 p.m., **Slim in 6**,
Resist-a-Band: HOP
6:30 p.m., **Cardio mix**:
HOP
7 p.m., **Scrabble TNY**:
ARC
8 p.m., **Spin**: HOP
8 p.m., **Music Night** in
the Courtyard at Adder
Commons

Cricket Movie Theater

at the

HOT SPOT



This week at the Cricket

The Ring Two (2005), 1 a.m., 1 p.m., Naome Watts, Simon Baker,
David Dorfman, horror/thriller

Big Daddy (1999), 3 a.m., Adam Sandler, Joey Lauren Adams, Jon
Stewart, comedy

Hustle & Flow (2005), 5 a.m., 5 p.m. Terrance Howard, Anthony
Anderson, Taryn Manning, Taraji P. Henson, drama

Seven (1995), 7 a.m., 7 p.m., Brad Pitt, Morgan Freeman, Gwyneth
Paltrow, drama/suspense

Bad News Bears (2005), 9 a.m., 9 p.m., Billy Bob Thornton, Greg
Kinnear, Marcia Gay Harden, comedy

D.O.A (1988), 11 a.m., Dennis Quaid, Meg Ryan, drama

Four Brothers (2005), 11 p.m., Mark Wahlberg, Tyrese Gibson,
Andre Benjamin, Garrett Hedlund, drama/crime/gangster

Saturday

Big Daddy 1 a.m.
Hustle & Flow 3 a.m.
Seven 5 a.m.
Bad News Bears 7 a.m.
D.O.A. 9 a.m.
The Ring Two 11 a.m.
Big Daddy 1 p.m.
Hustle & Flow 3 p.m.
Seven 5 p.m.
Bad News Bears 7 p.m.
Four Brothers 9 p.m.
The Ring Two 11 p.m.

Sunday

Hustle & Flow 1 a.m.
Seven 3 a.m.
Bad News Bears 5 a.m.
D.O.A. 7 a.m.
The Ring Two 9 a.m.
Big Daddy 11 a.m.
Hustle & Flow 1 p.m.
Seven 3 p.m.
Bad News Bears 5 p.m.
Four Brothers 7 p.m.
The Ring Two 9 p.m.
Big Daddy 11 p.m.

Monday

Seven 1 a.m.
Bad News Bears 3 a.m.
D.O.A. 5 a.m.
The Ring Two 7 a.m.
Big Daddy 9 a.m.
Hustle & Flow 11 a.m.
Seven 1 p.m.
Bad News Bears 3 p.m.
Four Brothers 5 p.m.
The Ring Two 7 p.m.
Big Daddy 9 p.m.
Hustle & Flow 11 p.m.

Tuesday

Bad News Bears 1 a.m.
D.O.A. 3 a.m.
The Ring Two 5 a.m.
Big Daddy 7 a.m.
Hustle & Flow 9 a.m.
Seven 11 a.m.
Bad News Bears 1 p.m.
Four Brothers 3 p.m.
The Ring Two 5 p.m.
Big Daddy 7 p.m.
Hustle & Flow 9 p.m.
Seven 11 p.m.

Wednesday

D.O.A. 1 a.m.
The Ring Two 3 a.m.
Big Daddy 5 a.m.
Hustle & Flow 7 a.m.
Seven 9 a.m.
Bad News Bears 11 a.m.
Four Brothers 1 p.m.
The Ring Two 3 p.m.
Big Daddy 5 p.m.
Hustle & Flow 7 p.m.
Seven 9 p.m.
Bad News Bears 11 p.m.

Thursday Sept.

The Ring Two 1 a.m.
Big Daddy 3 a.m.
Hustle & Flow 5 a.m.
Seven 7 a.m.
Bad News Bears 9 a.m.
Four Brothers 11 a.m.
The Ring Two 1 p.m.
Big Daddy 3 p.m.
Hustle & Flow 5 p.m.
Seven 7 p.m.
Bad News Bears 9 p.m.
D.O.A. 11 p.m.

Movie times are subject to change.